

STARTS JANUARY 9TH, 2024

MINDFUL EATING

"Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite."



Shasta Community Health Center
a californi^hhealth center

Tuesdays

5:15 PM - 6:30 PM

January 9th - 30th

Shasta Community Health Center
1035 Placer Street Redding, CA 96001

Contact us for more information and to reserve your spot!



(530) 229-5115



patiented@shastahealth.org